

# News & Views

## IMPORTANT SPECIAL EDITION:

### SUPPORTING YOU DURING THE PANDEMIC

Phone: 978.623.8320

Email: [seniorcenter@andoverma.gov](mailto:seniorcenter@andoverma.gov)

Info Line: 978.623.8302

Web: [andoverma.gov/seniorcenter](http://andoverma.gov/seniorcenter)

**We at Elder Services know how challenging these times are for you. We remain committed to supporting you in any way we are able.**

In the interest of public health and safety, the Senior Center will remain closed for the time being. We are working hard to ensure your basic needs are taken care of. Here's what you need to know:

#### **FOOD**

We are offering Home Delivered Meals to any Andover elder who feels that would be helpful. If you would like to be added to that program, please give us a call at (978) 623-8320. We are waiving all eligibility requirements for the duration of this public health emergency.

If you need assistance getting to the grocery store, we can get you there. We are scheduling our large vans to take no more than 3 people at a time, ensuring for necessary social distancing. Please call us for additional information at: (978) 623-8320.

#### **CHECK-IN CALLS**

We're concerned about you and those in your household. If you'd like someone from our office to check-in with you by phone we'd be more than happy to do so. We don't want you feeling alone, isolated or depressed. Call us to get on that list: (978) 623-8320.

#### **MEDICINES/MEDICAL EQUIPMENT**

If you find yourself in need of a prescription pick-up or additional medical equipment, we're here to help. Call us. (978) 623-8320.

#### **ISOLATION**

These times can be difficult for many. The necessity to limit face to face interactions can bring with it a sense of isolation. We've put together a number of interesting tips, tools and resources for you to help reduce that sense of isolation. Read on!

## **ANDOVER ELDER SERVICES**

## GROCERIES & PHARMACY

**Our local businesses are doing all that they can to help you get the food and medicines you need:**

**Market Basket:** "Senior Shopping Hours" at all locations. Stores will be open to individuals 60+ on Tuesdays, Wednesdays, and Thursdays from 5:30am-7:00am.

**Stop & Shop:** 60+ resident hours. Everyday 6am-7:30 am. Delivery available

**Whole Foods:** 60+ resident hours. Everyday 8:00 am – 9:00 am. Delivery available

**CVS Pharmacy:** No delivery fee. Sign up online at cvs.com

**Target:** Opening 1 hour early for seniors and those with underlying health conditions

**Local Restaurants:** Continue to prepare food for take-out. Call your favorite and place an order.

## TRANSPORTATION

**Ride Match:** This is an online database for finding medical and other rides in Massachusetts. This service could be used to schedule trips to the grocery store, medical appointments, etc. To plan a trip, visit <https://massridematch.org/>.

**Grocery Trips:** Andover Elder Services will provide transportation for senior residents to Market Basket. Contact Shawna at 978-623-8320

## FRIENDLY CALLER

Elder Services Staff will check in with those are at greatest risk for social isolation. We are asking the community to let us know of anyone we should be calling or if anyone would like to receive a call from a friendly voice. **Call (978) 623-8320**

## THINGS TO DO

**Visit a Virtual Museum**

<https://artsandculture.google.com/partner?hl=en>

**Take a Virtual Trip**

<https://www.cnn.com/travel/videos>

**Learn to use Facebook—*Like our page - Andover Senior Center***

<https://www.youtube.com/watch?v=6cbDDg7rH0k>

**New England Aquarium website**

<https://www.neaq.org/visit/at-home-events-and-activities/>

**Complete your 2020 Federal Census**

<https://2020census.gov/en.html>

## STAY ACTIVE STAY FIT



Tune in each day at 10:00 am to Andover TV (Comcast Channel 8 or Verizon Channel 47)

### Fitness Programming

Sunday—Men & Women in Motion  
Monday—Tai Chi  
Tuesday—Men & Women in Motion  
Wednesday—Sit & Get Fit

Thursday—Strength Training  
Friday—Yoga  
Saturday—Tai Chi

### Facebook Live:

***Stay Home & Get Tone with Tracy*** (this is a private group you need to sign-up for in advance)

**Tuesdays** - 1:00-1:30 Sit & Get Fit (in the chair)

1:30-2:00 Cardio & Strength (standing)

2:00-2:15 On the Floor (mat work)

**Thursday** - 10:00-10:30 Sit & Get Fit

10:30-11:00 Cardio & Strength

11:00-11:15 On the Floor



### Facebook (prerecorded)

Chair Yoga with Robin Gibb

<https://www.facebook.com/RobinsYogaandHealing/>



**Like us on Facebook**

**Search for:** “Andover Senior Center” on Facebook and give us a “like”

If you want updates, conversations, exercise ideas, and more become a member of our “Andover Senior Center COVID-19 Group” for a virtual Senior Center experience!

Chair Yoga with Robin Gibbs

<https://www.essentialrandr.com/videos>



### Zoom: Meditation

Thursday, Mar 26, 2020 10am – 10:45am

To Access Zoom

- You'll need a laptop or computer with a mic and a camera.
- You'll want to get started by just clicking (if the link is not working copy and paste it <https://us04web.zoom.us/j/544850726?status=success>)
- If you've never used Zoom, you'll need to follow the instructions to download and run the Zoom app after you click on the link above.

## SELF CARE

In through your nose, out through your mouth. Although this is a stressful time in our world it is important to take care of yourself. Set up a daily routine and don't get in a slump! Actually read that book that you've been meaning to read for years. Check out the Museum of Fine Arts Boston on YouTube for virtual tours of exhibits! Call your family and friends to check up on them. Call us because we love to hear from you! There are endless ways to stay busy— even inside.

The outbreak of COVID-19 may be stressful for people and communities. It is important to take care of your mind and body at this time. Fear and anxiety about the virus can be overwhelming and cause strong emotions. If you need to talk to someone, these resources are confidential and available for free 24/7:

- Call 1-800-273-8255 for the National Suicide Prevention Lifeline
- Text HOME to 741-741 for Crisis Text Line
- Call 1-800-985-5990 or text TalkWithUs to 66-746 for the Disaster Distress Hotline

## ADDITIONAL RESOURCES

### **The CDC on mental health and coping during COVID-19**

[https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)

[CDC\\_AA\\_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html)

### **American Foundation for Suicide Prevention: Taking Care of Your Mental Health in the Face of Uncertainty**

[https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?utm_source=All+Subscribers&utm_campaign=3b5166ea09-Research+Connection+July+COPY+01&utm_medium=email&utm_term=0_3bf9113af-3b5166ea09-383524973)

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[Research Connection July COPY 01&utm\\_medium=email&utm\\_term=0\\_3bf9113af-3b5166ea09-383524973](https://afsp.org/taking-care-of-your-mental-health-in-the-face-of-uncertainty/?utm_source=All+Subscribers&utm_campaign=3b5166ea09-Research+Connection+July+COPY+01&utm_medium=email&utm_term=0_3bf9113af-3b5166ea09-383524973)

### **Riverside Trauma Center's How to Manage Fear of the Coronavirus**

<https://www.youtube.com/watch?v=o5xV5qacGE&feature=youtu.be>

### **Potentially Helpful Numbers:**

The Parental Stress Line ("parents helping parents") available 24/7 in all languages:

**1-800-632-8188**

Safelink – Massachusetts statewide domestic violence support and resources 24/7 helpline: **877-785-2020**

The Disaster Distress Helpline: **1-800-985-5990**

# TAX UPDATES

With the recent closures due to COVID-19, AARP Tax Preparation Appointments at the Senior Center have been cancelled for the time being. The Treasury Department and Internal Revenue Service has announced that the federal income **tax filing due date is automatically extended from April 15<sup>th</sup>, 2020 to July 15<sup>th</sup>, 2020.** Taxpayers do not need to file any additional paperwork or contact the IRS to qualify for this extension. We are working with AARP and their volunteers to reschedule appointments that have been cancelled. If you had a previous appointment, you will receive a call to reschedule as soon as new dates are made available. For questions or concerns, please contact Ashley at 978-623-8320.

## Excise Tax Payment Due Date Extended

In light of the Coronavirus situation, the Town of Andover will not add the demand fee on the Motor Vehicles excise bills that were due on March 19, 2020 until April 23, 2020. This will allow taxpayers additional time to [pay their bill online](#), in the drop box located outside Town Hall or by mail.

## SCRPT Program and COVID -19 FAQ

**Q: How will the recent town department closures effect my SCRPT hours?**

**A:** Due to the recent spread of the Coronavirus, town departments have closed. Because this is an unforeseen situation that involves public health safety, any time lost due to the closure will be credited toward the volunteer's total hours. Volunteers will not lose credit for hours they were unable to fulfill during this time.

**Q: Should I continue to fill in my SCRPT Timesheets?**

**A:** Yes, you should continue to list the shifts that you would otherwise have worked on your timesheet. In the "Location" column of your timesheet, please note "COVID-19" to signify shifts that you were scheduled to work but were cancelled due to department closures. As the future of department schedules are unknown at this time, please do not postdate timesheets or submit timesheets in advance.

Please mail your completed timesheets to:

Town of Andover  
Division of Elder Services  
36 Bartlet St.  
Andover, MA 01810

**The Andover Senior Community FRIENDS, Inc.**

**PO Box 576**

**Andover, MA 01810**



As President of the Andover Senior Community Friends, I would like to express my sincere gratitude to all of you in the community who donated so generously to the Elder Services and Meals on Wheels program. Your charity is crucial to enabling the program to serve all those seniors who need it during this difficult time. The Andover Senior Community Friends, Inc. (ASCF) is a 501(c)(3) charitable organization that supports many programs and activities at the center, and continues to raise capital for the Robb Center renovation. You, the community of Andover, giving to the ASCF, make these possible.

If you are interested in learning more about the ASCF and its great work, or becoming a member, visit the ASCF website at <https://www.andoverscf.org>. Sincerely, Dana MacKay

# Senior Connections Social Day Program

## ***What is it?***

Senior Connections provides an individualized package of programs and services designed to enhance the quality of a senior's life and enable them to participate in a variety of activities in a community setting. Participants have the opportunity to develop new interests, to develop new and rekindle old friendships, and to participate in a variety of community based activities at Andover Elder Services.

## ***What are the hours and how many days can I attend?***

Senior Connections is open Monday-Friday from 8am-4pm. Some participants attend all five days, while others only attend a couple days per week. Participants' schedules are based upon their individual needs and what works best for them and their family/caretakers.

## ***What is the cost to attend?***

### ANDOVER RESIDENTS

Full Day = \$40.00

½ day rate = \$31.00

Transportation fee is \$5.00 each way  
for Andover residents

### NON-RESIDENT

Full Day = \$42.00

½ day rate = \$33.00

We offer transportation to some surrounding communities. Call for more details.

½ day = three hours or less

**Full day** = more than three hours

Lunch is also provided every day for a suggested donation of \$3.00.

## ***What kind of activities are offered?***

Programs and activities include a variety of educational, recreation, fitness, and wellness programs. While most are on-site, outings such as bowling, lunch out, and special events are also scheduled.

Some examples of activities include:

- Chair yoga
- Therapy dogs
- Men's Group
- Word games—Jumbles, Word Chains, Cross-word Puzzles
- Arts & crafts
- Games—bingo, Family Feud, trivia, card games
- And much more!

## ***What are the next steps if I am, or someone I know is interested?***

Contact Stephanie McSurdy, the Senior Connections Coordinator, at 978-623-8320 to schedule a visit to Senior Connections and learn more about the program. During this visit, we will discuss your needs and whether Senior Connections is an appropriate fit. We offer a Free Trial Day for those who are interested in seeing what the program is all about, at no cost to you. Before scheduling a Free Trial Day, our Welcome Packet must be completed, as well as a medical form to be completed by your physician. If you receive services through Elder Services of the Merrimack Valley, they may be able to share in the cost of the program.



*Senior Connections enjoying a traditional Irish meal and live entertainment at the St. Patrick's Day luncheon at Clark Rd.*



# Life in Elder Services During the Pandemic



Thank you Ferris Landscaping for the donation



The Kitchen has been going non-stop!



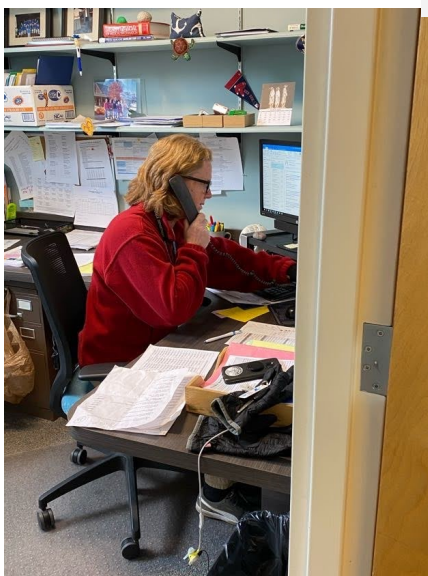
Daffodils at Clark Rd



Lucy showed up and worked a few days



Frosty joined the team but left quickly when things heated up



Shawna working the Meals on Wheels



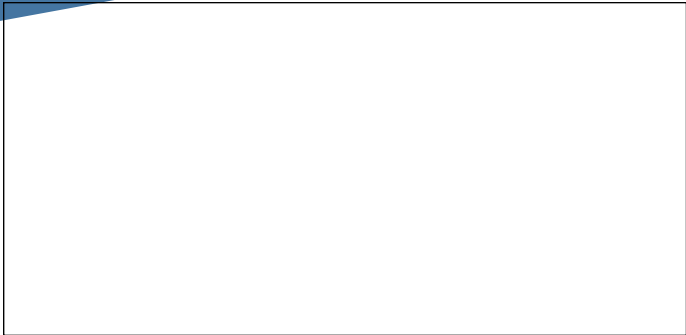
Jane trying to decide on Lysol or candy

***We look forward to welcoming our senior community back as soon as it is safe.***

Andover Senior Center  
36 Bartlet Street  
Andover, MA 01810

PRSRT STD  
U.S POSTAGE PAID  
ANDOVER, MA  
Permit No.41

To the



ROBB CENTER CONSTRUCTION UPDATE  
Congratulations to Seaver Construction!

